









Leisure Services Department Extension Services

**Basic Food Prep Classes** 

**Pressure Cooker Dine In** 

Tuesday, September 11, 2012, 6 – 8 p.m. Save time and cook a healthy meal in a pressure cooker.

**Cooking Seafood for Your Health** 

Tuesday, October 9, 2012, 6 – 8 p.m. Learn to prepare healthy, safe seafood meals.

**Healthy Party Hors de Oeuvres'** 

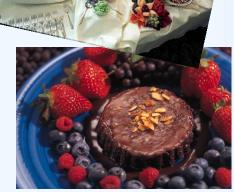
Tuesday, November 13, 2012, 6 – 8 p.m. Learn stress-reducing ways to prepare healthy trays.

## **Healthy Holiday Baking**

Tuesday, December 11, 2012, 6 - 8 p.m. Learn how to bake healthy holiday treats.







**PRE-REGISTRATION IS REQUIRED!** 

All classes will be held at Seminole County Extension Services kitchen (address below). Class size is limited. Call 407-665-5560 to register. Each class is \$10, payable in advance.

For more information, contact: Extension Agent • Seminole County/University of Florida/IFAS 250 West County Home Road • Sanford, FL • 407-665-5553 • e-mail: rlaw@seminolecountyfl.gov